



ART OF COACHING PODCAST™ EPISODE 6
BRIANNA BATTLES: WOMEN IN S&C AND SETTING PROFESSIONAL BOUNDARIES

What is a tactical example that Brianna provides that she believes could help females in the coaching field?

Why do you believe it can be so hard for people to take initiative when it comes to seeking out a mentor?

Time is a nonrenewable resource to us all, and in this episode, both Brianna and Brett discuss the importance of respecting the time of others. What are three ways you can demonstrate your respect for someone's time who've you reached out to for help or support?

Many people make the mistake of reaching out to others without doing their research first. This can significantly impact the quality of the subsequent interaction since the foundation for understanding must now be built from scratch rather than built upon from prior investigation. What are current ways you research those you are looking to connect with? What types of resources have been most helpful?



Do you agree that professional boundaries are important? Why or why not?

What types of professional boundaries have helped you maintain your focus best? Has anyone ever accused you of being “rude” for creating these boundaries? If so, what was your response?

Brett discusses the importance of people learning what it takes to create resources such as books, courses and the like- why might this perspective help others who are seeking these types of resources?

What are habits that have currently helped you grow the most as a professional? Similarly, what are some bad habits you have worked on ridding yourself of in the last 3 months?



According to Brianna, how can writing, speaking and creating other forms of content help you in your development as a coach/leader?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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